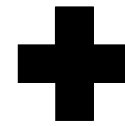


Improve your Swimming Ability



**American
Red Cross**

Call 357-POOL(7665) www.cincyrec.org

Swim Stroke Clinics 2008

Swim Stroke Clinics are swim sessions to teach and refine swimming skills in preparation for American Red Cross Lifeguard Training Courses

- Free with pool membership (\$5.00 for all ages).
- Attendance at every class is not required.
- Register for a two week session - call 357-POOL (7665) or e-mail us at aquatics@cincinnati-oh.gov
- Age 14 and over. Adults & Seniors are welcome.
- It is recommended you complete at least one two-week swim stroke clinic prior to the lifeguard training course.
- You may attend more than one session.

Krueck Indoor Pool 270 W. McMillan (attached to Hughes H.S. in Clifton, enter rear door off parking lot)

Winter Sessions are M,W, F or T, Th,F

7-8 pm

Session 1.	1/7/08 to 1/18/08		Lifeguard Course starts February 23
Session 2.	1/22/08 to 2/1/08	(no class 1/21)	Lifeguard Course starts February 23
Session 3.	2/4/08 to 2/15/08		Lifeguard Course starts February 23
Session 4.	2/19/08 to 2/29/08	(no class 2/18)	Lifeguard Course starts February 23 or March 15
Session 5.	3/3/08 to 3/14/08		Lifeguard Course starts March 15

Spring Sessions are M,W, F or T, Th,F

7-8 pm

Session 1.	3/17/08 to 3/28/08		Lifeguard Course starts April 5
Session 2.	3/31/08 to 4/11/08		Lifeguard Course starts April 5 or April 26
Session 3.	4/14/08 to 4/25/08		Lifeguard Course starts April 26
Session 4.	4/28/08 to 5/9/08		Lifeguard Course starts June 2
Session 5.	5/12/08 to 5/23/08		Lifeguard Course starts June 2
Session 6.	5/27/08 to 5/30/08	(no class 5/26)	Lifeguard Course starts June 2

Summer Sessions are available at CRC Pools

Session 1.	Contact Pool Staff	Lifeguard Courses start July 21
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Fall Sessions are M,W,F

7-8 pm

Session 1.	8/18/08 to 9/5/08	(no class 9/1)	Lifeguard Course starts September 6
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*If you have any questions about the Lifeguard Training program or Swim Stroke Clinics call

357-POOL(7665) or e-mail us at aquatics@cincinnati-oh.gov.